

ABSTRACT

The degree of fatigue is quantified to be able to display. A fatigue degree measurement device 1 includes: a living body signal peak value 5 detecting means 23 to detect the peak values of respective cycles of the original waveform of the living body signal data; a power value calculating means 24 to calculate the difference between a peak value on the upper limit side and a peak value on the lower limit side for every prescribed time period from respective peak values obtained by the living body signal peak value 10 detecting means 23 to set the difference as a power value; and a power value inclination calculating means 25 to determine the inclination of the power value, to calculate an integral value by absolute value treatment of the time series signals of the inclination of the power values to determine the integral value as the degree of fatigue. As a result, it becomes possible to realize 15 quantification of a human fatigue degree.